



246 North Main Street
South Hadley, MA 01075

Loomis Life

August 2022

Volume 5, Issue 8

Upcoming Events

RSVP with

The Loomis
Communities

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**Senior Living FAQ -
Everything you have
wanted to know,
answered!**

**Get a chance to sit
down with some of our
team members and
residents.**

**Loomis Lakeside at
Reeds Landing**

**Wednesday, September
28th**

11:00 am

Rocking Steady at The Loomis Communities

August is National Wellness Month, a time to reflect on healthy routines, stress management, and self-care practices. Proper nutrition, adequate rest, an active lifestyle, and perhaps even meditation are all approaches to positive aging. The Loomis Communities promotes whole wellness each day through a carefully curated dining program, highly trained staff, and innovative fitness amenities — all of which residents enjoy through a single monthly fee.

One such specialized service our fitness staff is able to provide is the Rock Steady Boxing method, designed to help slow the progression of Parkinson's symptoms. Theresa Allen, Fitness Coordinator for Loomis Village, trained in Rock Steady and has been using it to work with resident Karen Spaulding since her recent Parkinson's diagnosis. "Karen began boxing workouts utilizing the heavy bag approximately three months ago," Allen says. "Initially Karen needed to punch the bag from a seated position in a wheelchair. Fast forward two months later, Karen is now able to stand up and hit the bag."



Residents are able to enjoy a variety of fitness formats, including aquatic exercise, to achieve wellness at The Loomis Communities.

The Loomis Communities has a full team of skilled fitness coordinators who connect daily with residents to help them meet their individual fitness goals. We'd like to introduce you to some of them, including Allen:



Theresa Allen: "I have been working in the fitness industry since 1999, completing my first certification to teach aerobics as a senior in high school. I loved it and never looked back! I set out to become certified in many other modalities and ultimately earned my BS in exercise science. I have enjoyed personal training and teaching group exercise in many different venues and platforms over the years. Working here has been incredibly rewarding, and I am thoroughly pleased with my decision to accept the position as Fitness Coordinator for Loomis Village. My favorite class to teach is the Thursday 9 a.m. low impact Cardio Kickboxing. While I have many favorite classes that I teach, boxing is always my number one."



Cindy Senk: "I have a Masters in rehabilitation and am a Yoga for Arthritis instructor, Accessible Yoga Teacher certified, ACSM (American College of Sports Medicine) certified personal trainer, AFAA (Aerobics Fitness Association of America) certified exercise instructor for both land and aquatics, and Arthritis Foundation certified land and water instructor. I have more than 35 years combined experience in the fitness industry. My specialization is in chronic illness and injury program design and intervention, and I am part of the Medical Fitness Network. For more than 25 years, I have volunteered with the Arthritis Foundation. My favorite class to conduct for residents here at The Loomis Communities is yoga because of how much it helps me manage my own chronic pain."

Rocking Steady at The Loomis Communities (continued from page 1)

At The Loomis Communities, our entire team partners with residents in their wellness journey. We create opportunities supportive of goals to attain healthy, purposeful living. We open doors to positive aging in a multitude of ways:

- ▢ Varied dining offerings, including the “Mindful” menu by Sodexo, with lower calories and sodium counts
- ▢ Yoga, tai chi, and meditation
- ▢ Aerobic, strength, and core fitness classes led by trained instructors
- ▢ One-on-one personal training
- ▢ Fitness rooms with a variety of equipment (and demonstrations available)
- ▢ Heated salt-water swimming pool

<p>14 10:00 Catholic Holy Eucharist Lobby/Sunroom - LO</p>	<p>15 8:15 Exercise DVD - 918 10:00 Big Y 11:45 Tai Chi - A 1:00 Mass with Fr. James Nolte 1:00 SH Library and Stop & Shop Grocery Trip 1:30 GS Fitness - GS 3:00 Dick Matteson & The LV Chorus - A 7:00 Bingo - C</p>	<p>16 8:15 Exercise DVD - 918 9:00 Yoga DVD 918 - 918 9:30 Coffee Hour - LO 10:00 Watercolor Class - Betty Sheridan - CAS 1:30 GS Fitness - GS 2:00 Singer & Guitarist: Kyle Love - GS Gazebo  3:00 Trivia Challenge - GS</p>	<p>17 8:15 Exercise DVD - 918 9:00 Cardio Fit - A 10:00 Aqua Class - Pool 11:00 Healthy Moves - A 1:00 Mountainside Neighborhood Mtg - A 1:30 GS Fitness - GS 2:00 Afternoon Movie: Food, Inc. - 918 3:00 Fitness Info Hour w/Theresa Allen - Phylly's  Theresa Allen Fitness Coordinator Informational Hour • About all Fitness Programs • Boxing's Positive Effects on Parkinson's Disease • Personal Trainer Offerings • Zumba for Seniors 7:00 Wellness Wednesday Series - A</p>	<p>18 8:15 Exercise DVD - 918 9:00 Yoga DVD 918 - 918 9:00 Low Impact Cardio Kickboxing - A 10:00 Bible Study - C 11:00 Gentle Joints - A 11:00 Courtyard 2 Neighborhood Mtg - C 1:30 GS Fitness - GS 4:00 Lower Villas Neighborhood Mtg - Z 4:00 Courtyard 3 Neighborhood Mtg - C 5:45 SH Summer Concert: "Old Country Road" </p>	<p>19 8:15 Exercise DVD - 918 9:00 Cardio Fit - A 9:00 Book Swap - LO  10:00 Aqua Class - Pool 11:00 Chair Yoga - A 1:30 GS Fitness - GS 2:00 Mah Jongg - Sunroom 4:00 Acoustical Happy Hour: Stephen Page - LO </p>	<p>20 9:00 Book Swap - LO  10:00 Meditation - A 2:30 Spiritual Moments - SR 3:15 Lady Bea River Boat Cruise  7:30 Evening Movie: Goldfinger - 918 7:30 Pool Volleyball - Pool</p>
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At Applewood, Loomis Village, and Loomis Lakeside at Reeds Landing, Life Enhancement Coordinators work in tandem with the fitness coordinators to design a calendar complete with programming to fit every wellness goal. This results in an interesting and effective mix of comprehensive wellness to achieve vitality and to build healthy habits. The above is an example of what residents are able to enjoy on a regular basis

Have ideas for what we can add? Let us know at the email or phone number at the bottom of the newsletter. We'd love to have your input.

A Heartfelt Farewell & a Warm Welcome!

At the end of August, JoAnne O'Neil, Marketing Manager for Loomis Lakeside at Reeds Landing begins a well-deserved retirement. Since making the move from Way Finders to The Loomis Communities in 2012, she has been a driving force behind hundreds of happy transitions for residents. Joanne's parents even called Loomis Lakeside at Reeds Landing home. She felt her parents' presence while working at The Loomis Communities and took great pride in connecting with residents and helping others find a new home here. We are going to miss her terribly, and we wish her all the best. Congratulations, Joanne!

Chance Plant, who comes to us after seven years being a marketing leader in the furniture industry, will helm the marketing office at Loomis Lakeside at Reeds Landing. We are thrilled to have him on board. When not at work, you'll find him visiting family, spending time by the lake, or camping. He is an avid coffee drinker, huge Red Sox fan, and voracious reader. Chance is eager to get to know all of the residents, and all of you.



JoAnne O'Neil (L)
and Chance Plant (R)